

NOVEMBER/DECEMBER 2023

**23PEMB13B — HEALTH HYGIENE**

Time : Three hours

Maximum : 75 marks



**SECTION A — (10 × 2 = 20 marks)**

Answer ALL questions.

1. State the importance of hygiene.
2. Define health.
3. Define food surveillance.
4. What is food adulteration?
5. What is meditation?
6. What is yoga?
7. What are the occupational hazards?
8. What is called mental hygiene?
9. Define immunization.
10. What is the main purpose of RCH Programme?

**SECTION B — (5 × 5 = 25 marks)**

Answer ALL questions.

11. (a) How could you recognize positive practices from the community?

Or

(b) List out the scientific principles related to health.

12. (a) Describe in brief food fortification.

Or

(b) What is environmental hygiene? Explain it.

13. (a) List out health destroying habits and addiction. Add notes on it.

Or

(b) How could you maintain colon hygiene?

14. (a) Summarize the factors affecting mental health and hygiene.

Or

(b) What is emotional stability? Explain it.

15. (a) Explain immunization schedule.

Or

(b) Write a short notes on AIDS control programmes.

**SECTION C — (3 × 10 = 30 marks)**

Answer any THREE questions.

16. Write in detail factors affecting health.

17. Give an account on types of adulteration and its preventive measures.

18. Summarize in detail physical exercise and its significance.

19. Explain mental health and hygiene in different age groups.

20. Discuss health programmes related to tuberculosis control.

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